





Mary printed 26
**The Treasurie of commo-
dious Conceits, & hidden Secrets.**

and may be call'd,

**The Huswifes Closet, of health-
full provision.**

**Mete and necessarie for the profitable
use of all estates both men and wo-
men: And also pleasant for
recreation,**

**With a necessary Table of all things
herein contained,**

**Gathered out of sundrye Experi-
ments lately practised by men of
great knowledge.**

By I. Par.

Mary printed
**Printed at London by
Richarde Iones.**

Mary 1573. *printed*

John Partridge to his Booke.

Goe forth my little Booke,
That ail on thee may looke:
Feare not the cattying booke
of Zoylles spightfull rage:

Thou canst not Zoyll thou,
Whose tongue on wheeles doth run,
More connyng workes erst don,
In any former Age
Thou knowest went neuer free,
But that the Cur Dog hee
Takes his delight and gla

soe to deface the same:
How thinkest thou then to boyde?
The tongur that hath annoyde?
Great workes which haue imployde
continually to frame

A happy common weale:
And whiche at large reueale,
That tyme dyd long conceale,
To pleasure every one:

If thou whiche art but small
To whome it happen shall,
Small fruite to bring withall,
soe men to scan vpon:

Yet must thou be content,
To beare what Zoylles bent
Sithe sooth I haue thee sent
(to lay vpon thy backe)

And if be hap to chyde,
Do thou the brunt al yde,
And I wyll stande asyde,

And helpe thee if I lack. Finis

To the worshop

FVLL, MAYSTER RICHARDE
WILKIN, Gentleman: one of
the Assistants of the Company of
the Barbours & Surgions:

John Partridge wistheth increase of
knowledge by his worthe
trauayle. (??)



AFTER THAT I HAD
(worshipfull Sir) taken
some payne, in collec-
tynge certayne hydden
Secretes together, & reduced them
into one libel, or Pamphlet (for my
own bebooke, & my familiar frēds:)
yet at the instance of a certayne
Gentlewoman (being my dere and
speciall frende) I was constrained
to publish the same, and considered
with my selfe the saying of a wise:
which is. That good is best, which to
all indifferētly, is of like goodnes, & effect:
or which without respect of person, is good
to all indifferently. The consideration
I.iii. of which,

THE EPISTLE

of which, and her importunacie together, instiged me to communicate unto the vtow & publique benefite of all men, this lytell Booke: The contents wherof, doth instruct and teach all manner of persones & Degrees to know perfectly, the manner to make diuers & sundrie sortes of fine Conceits, as well of meates, as of Conserues & Marmalades, as also, of sweete and pleasant waters, of wonderfull Odours, Operation and Vertues: with diuers other things, that haue not hitherto ben publicuely known: which fact of myne (I know) wyl be, not onelye disliked of some, but altogether condemned: Not for that it is euill, but that their fine heades can not digest, that any other beside themselves shuld enjoy the benefit thereof, hauing for their MAXIME, that such thynges, are of small price, as are common to al men: much after
our

THE EPISTLE.

our English Proverbs, Quaint and
daintie: Farre sette and deare bought, is
good for great Estates. But I account
that Personne foolyshe, and unwor-
thy helpe of any Physitian or Sur-
gion: that wyl refuse to receyue,
or gayne health by the Medicine of
any suche Physitian or Surgion:
who by learnynge the same out of
AVICENE, GALENE, or HIPOCRA-
TES, or any others suche lps, hath
often tymes cured the Deseases in
sundrye and many Persones, for
that the same hath ben commonly
used: but rather moste wyllynge
and courteslye to embrace the
same (for present remedye) as a
thyng excellently well expery-
mented and proued: I neede not (right
worthyfull) to vse these wordes,
for the Defence of this litle Booke,
consideryng y your worship doth be-
ry wel accept such thyngs, as vni-
uersally byng to them a publique
A. iiii. profite

THE EPISTLE

profit and btyllie: (whence consisteth your delight,) rewardeing liberally, the trauayle of suche, who haue, & do trauayle therein. Wherefore, for that I among al other persones, do thinke my selfe moſte beholden vnto your worſhip: To gratifie your goodnesse, and to satisfie the request of my friend, I haue compiled this litle Booke: which I haue put forth vnder your name and protection: protestyng, & if I shall see this worke, which w some cost and charge, I haue brought to perfection, be wel accepted at your hands I shall shortly exhibite vnto your worſhip, a thyng of greater valew and estimation. And thus, comyttyng your good worſhip to God. I ende: who sende you your desire of vnderstandyng and knowledge.

Your Worſhips to
comande, I. P.

Thomas Curteys Gentleman,
in prayse of the Auctor.

To pleasure Contreys state who tends
With carefull heed, & more perpendes
The welth of others: then his owne,
whose seede is sowne.

* To pleasure all, and he that solves,
Of all his toyle, least profit molves:
Desernes at least, the drosse to haue,
that frankly gaue

* The Golde that all enricheth so,
Therefore thou Woke where ere thou go:
Say freely that thy Masters payne,
deserueth gayne.

* And if that Thomas gin to chat,
If thou be wise, yet feare not that,
For good deseruing, well deth craue,
rewarde to haue.

* The which reward, without great charge
Thou mayest geue, if that at large
Without reproch, thou lettest this gos,
and thankfull how.

Thy selfe, so; that which beerein bee,
Hath now set forth to pleasure thee:
Who eare thou bee, to this inclyne,
The profits thine.

* FINIS. T. C.

Thomas

Thomas Blanche Gentleman,
in the behalfe of the Auctoz.

The Painters Pen: wth no smal charge
Doth now and then: depaint at large;
BELLONAES broyles, & bloody fight;
To moue somwhiles, a mans delight
The Poet eke: with paynfull Quyll,
Doth somtymes seeke: mens eare to fyll,
With sundry soztes, of Verses new:
When he reportes, thyngs false & true.
In both wherof: the learned finde,
No toy nor scoffe: o^r thyng by kinde,
That bringes not out, som learned skyp:
For which no dout, most wise men wyll
Accept the thyng: what ere it be,
That so should bring: Commedytie,
The Partridge here, y^e thig hath sought:
Which nothing dore: need now be bought
Wherin pleasure: doth full consist,
And eke Treasure: if that thou lyst,
By trauayle to, obtayne the same,
The which to do, I wyssh thee frame.
And geue hym prayse: that with his toyle,
Hath in these dayes: from forrayne soyle,
Brought home to thee, pleasure & gain:
Then thankfull be, his is the payne,

FINIS.

The Chapters and contentes of of this Booke.

- T**o bake a Capon with yolks of Eggs.
Chapter. i.
- T**o bake a Feasant, or Capon, in
skede of a Feasant. Cap. ii.
- T**o bake Chickins, Sparrowes, or other
Birds. Cap. iii.
- * **T**o bake Trewes. Cap. iiii.
- T**o make Pescods of Marow. Cap. v.
- * **T**o make a sawce for a roasted Rabbet, first
bled to King Henry the eight. Cap. vi.
- T**o bake an Oretung. Cap. vii.
- * **T**o make vineger of Roses Violettes, or
Elderne Berries. Cap. viii.
- T**o make a Marchpane. chapter. ix.
- * **T**o gylose a Marchpane, or Tarte. cap. x.
- T**o bake Quinces. chapter. xi.
- * **T**o keepe Quinces unpared all the yeare
longe. chapter. xii.
- T**o make fine blaunch powder for roasted
Quinces. Apples, or Wardens cap. xiii.
- * **T**o conserue Quinces condit, ready to be
eaten. chapter. xiiii.
- T**o keepe Plummes condite in Syrop.
chapter. xv.
- * **T**o keepe cherries, or Goseberries condite.
chapter. xvi.
- T**o

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- To make conserue of Roses, Redde, or white : With the sundrie Vertues and Operations of ech of them. Cap. xviij.**
- * To make Conserue of Violet flowers, with the sundrie Vertues and Operations therof. Cap. xviij.**
- To make Conserue of Buglose flowers, with the sundrie Vertues and Operations therof. Cap. xix.**
- To make conserue of Bozage flowers, with the sundrie Vertues and Operations therof. cap. xx.**
- To make Conserue of Rosemarie flowers, with the sundrie Vertues and Operations therof. Cap. xxi.**
- * To make Conserue of Succarie flowers, with the sundrie Vertues and Operations therof. Cap. xxij.**
- To make Conserue of Elder flowers, with the sundrie Vertues and Operations therof. Cap. xxij.**
- To make Conserue of Hozell, with the sundrie Vertues and Operations therof. chapter. xxij.**
- * To make conserue of Maydenbaire: with the sundrie vertues & Operations therof. chapter. xxv.**
- * To make conserue of Elecampane roots with the sundrie Vertues and Operations therof. cap. xxvi.**
- To**

I N D E X.

- To make Conserue, of Gladdon, oꝝ yelow
 flowerdelice: With the sundrie Vertues
 and Operations therof. Ca. xxvj.**
To make Parmylade of Quinces.
 Chapter. xxvij.
**To make Parmylade of Damascines oꝝ
 Pꝛunes. Cap. xxix.**
**To make conserue of Strawberyes, and
 the vertue thereof. And of Damascines:
 oꝝ of Pꝛunes. Cap. xxx.**
**To make Conserue of Cherries, and of
 Barberies. Cap. xxxi.**
**To make Succade of y^e pꝛels of Oꝛenges:
 and Lemons. Cap. xxxii.**
**To make græne Ginger, & Pepper con-
 dite. Cap. xxxiii.**
*** To make al kynd of Syrops. Ca. xxxiiii.**
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**To make a Violet, oꝝ Damask powder
 foꝝ wollen and furrer. Cap. xli.**
*** To make a sweet powder foꝝ linnen clothes.
 Chapter. xlii.**
* To

- C**To make a fine Rome Amber. cap. clxij.
CTo make a fine Fumygation to cast on
the coales. cap. clxij.
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*****To make a moist Fume, to put in a Fu-
myng Dish. cap. clxi.
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Clothes. cap. clxij.
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chapter. lvi.
CTo make fine Rice Porredg. cap. lvij.
*****For the Ague in a womans Brest.
chapter. lviii.
CFor the vnnaturall heats of the Luer.
chapter. lix.
*****For the canker in the mouth. cap. lx.
*****To

* To know what time in the yeare Herbes
and Flowres, should be gathered in their
full strength. cap. lxi.

¶ The sundry vertues of Roses for diuers
Medicynes. cap. lxi.

* The sundry vertues of Rylhes. cap. lxi.

¶ The sundry vertues of Milfoyle. ca. lxi.

¶ The sundry vertues of Rosemary. ca. lxi.

¶ A brieue Treatise of Urines aswell of
mennes byrnes, as of Womens, to iudge
by the colors, which betoken helth, which
betoken sicknesse, & which also betoken
death. chapter. lxi.

¶ How to make a soueraigne Water, that
Doctor Steuens Physician, a man of gret
connyng did vse of long experience. And
therewith did many cures, and kepte it
alwayes secret, tyll of late a little before
his death, that a special friend of his, dyd
get it in wrytyng of him: with the sundry
vertues and operations thereof.
chapter. lxii.

* FINIS.



The Auctoꝝ to

his Booke concerning his friende,
whose importunate sute procured
him to publish the same.

One little Booke of profit & pleasance,
vnto thy good mistris, without delay
And tel her I send thee soꝝ þy pfoꝝmāce
of her earnest sute (sitth she wold haue no nay)
Let her vse thy cōmodities, as wel I kno she
To pfit her frēds soꝝ helth? pseruatiō (may
And also to pleasure them, soꝝ recreation.

Tel her that all thinges in thee contayned,
I haue seene them put oft times in vse:
And geuen thee to be her seruant retayned,
To serue her faithfully, doing thy cure.
And also say, of this let her be sure
That she with her sute, of me hath obtained
That; that no Golde noꝝ good coulde haue
(gained.

I.

P.

A Closet,

The Closet, or

Treasure of comodious Con-
ceites and hidden Secrets.

To bake a Capon with yolkes of
Egges. Cap. i.



WHEN THE CAPON IS
made redi, trusse him in
to þ Coffyn: then take
.viij. yolks of egges sod-
den hard, & pricke into
euery of them. b. Cloues, & put the
yolks into the Coffyn with the Ca-
pon: then take a quantitie of gyn-
ger and salt, and cast it on the Ca-
pon, and let it bake .iij. houres.

Then take .ii. raw yolkes of egges
beaten into a Gobblet of vertuce,
with a good quantitie of sugre sod-
den together, put it into þ Coffyn
and so serue it.

To bake a Fesant, or Capon in skede
of a Fesant. Ca. ii.

B. i.

Dresse

Dresse your Capon lyke a Phe-
sant trussed, perboyled a little
glarded wth swete lard: put him
into the Coffin, cast theron a little
Pepper and Salt: put therto halfe
a dish of sweete Butter, let it bake
for the space of. iij. howres, & when
it is colde: serue it forth for a Phe-
sant. And thus bake a Phesant.

* To bake Chickins.

Chapter.

iiij.

Take and trusse your Chickins,
the feete cut off, put them in
the Coffin: the for every chic-
kin put in euery Pye a handfull of
Goose beries, & a quantity of butter
about euery Chickin: then take a
good quantitie of Sugar and Si-
nimon with sufficient salt, put them
into the Pye, let it bake one howre
and a halfe, when it is baken take
the yolke of an egge & half a Goblet
of veriuce wth sufficient sugar sodden
together, put in the pye & serue it.

CCO

of hidden secretes.

To bake Woodcocks.

Chapter. liij.

Perboyle them, and being trussed
put them into the Coffyn with
sweete larde about thē, season them
with Pepper and salte, and a good
quantytie of butter, let them bake
one howre & a half, & so serue them.

To make Pescodes of Sparow.

Chapter. v.

First slice your Sparow in lēgth.
Dreue your past as thin as a pa-
per leafe: thē take and lay smal
Raisins, Cinimon and a little gin-
ger and Sugar aboute the Mary.
fashion them vp lyke Pescodes, frye
them in butter, cast vpon them Ci-
nimon and Iuger, and serue them.

A Saluce for a roasted Rabbet: to

King Henry the eight. Cap. vi.

Take an hādful of washed perce-
lye, mince it small, boyle it
with Butter & veruice vpon a
chaffing dish, season it wth Iuger and

B. ii.

The Treasury of closet

a little Pepper grose beaten, when it is redi: put in a few fine Crumes of white bread, put it in amongste the other, let it boyle agayne till it be standing, the lay it in a Platter, lyke the breadth of thre fingers. lay of each side one roasted Conye (or moe) and so serue them.

To bake an Ore tounge.

Chapter.

viij.

Seth the tounge till it be tender, then slyce it on a boorde in layre peeces: and take a good quantity of Marow slyced smal, cast it into the bottome of the pye: & lay the slices of the tounge bpon it: and betwixt euerp one some marow, and a little salt bpon them. Bake it the space of an howre, then tosse valse a manchet a little at the fyre, and put the tostes into halfe a pynte of Redde wine with a little Vineger, straine them out together: the take cloues, Mace

Mace, Sntimon and Sugar, seeth them in þ liquor tyll it waxe somewhat thicke: make a hole in þ couer of the Ppe, put it in, set the Ppe a gayne into the Quen for a quarter of an howre, and serue it.

To make Vineger of Roses.
Chapter. viij.

IN Sommer time when Roses blowe, gather them ere they be full spzed or blowne out, and in dry weather: plucke the leaues, let them lye halfe a day vpon a sayre boarde. then haue a bessel with Vineger of one or two gallons (if you wyl make so much roset,) put therein a great quantity of the sayd leaues, stop the bessel close after that you haue spzed them wel together, let it stand a day and a night, then deuide your Vineger & Rose leaues together in two parts put the in two great Glassees & put in Rose leaues ynoughe, stop the Glassees close, set
B. iij. them

The Treasury of closet

them vpon a Shelle vnder a wall
syde, on the Southside wout your
house where the Sonne may come
to them the most parte of the daye,
let them stande there all the whote
Somer longe: and then strayne the
vineger from the Roses, and keepe
the vinegre. If you shall once in .x.
dayes, take and strain out the Rose
leaves, and put in newe leaves of
halfe a dayes gatherynge. the vyne-
ger wyl haue the more flauor and
odour of the Rose.

You may ble in steede of winegre,
wyne: that it may were eygre, and
receiue y^e vertue of the Roses, both
at once. Moreover, you may make
your vineger of wine white, red, or
claret, but the red doth most binde
the bellie, & white doth most lose.

Also the Damaske Rose is not so
great a binder as the red Rose, and
the white Rose looseth most of all:
hereof you may make vinegre roset.

Thus

Thus also, you may makeaine-
gre of violets, or of Elder flowers:
but you must first gather & ble your
flowers of Eldern, as shalbe shewed
hereafter, when we speake of ma-
kyng Conserue of Elderne flowers.

To make a Marshpane. Cap. ix.

The halfe a .li. of blanched Al-
mons, & of white sugre: a quar-
ter of a .li: of Rose water, halfe
an ounce: & of Damaske water, as-
much. Beate the Almons with a
little of the same water, and grinde
them til thei be smal: set them on a
few coles of fier, til thei war thick:
then beate them agayne with the
Sugre, fine: Then mixt the sweet
waters and them together: and so
gather the, & fashion your Marsh-
pane. Then take wafersakes of the
broadest makynge, cut them square,
paste them together with a little li-
cour, and when you haue made the
as bryde as wil serue your purpose,
haue

The Treasury of closet

haue redy made a hoope of a greene
hasell wand of the thiknes of halfe
an inch on the inner syde smothe,
and on y^e bttersyde round & smooth
without any knags: lay this hoope
vpon your wasser cakes foresayde,
& the syl your hoop wth the geare a-
boue named, the thiknes of y^e hoop:
the same driuen smothe aboue wth
the backe of a Silver Spoon as ye
do a Carte and cut awaye all the
partes of the Cakes even close by
the outsyde of the hoope wth a sharp
knife, that it maye be rounde, then
haueing white paper vnderneathe
it, set it vpon a warme hearthe, or
vpon an instrumēt of Iron or bras
made for the same purpose, or into
an Ouen after the breade is taken
out, so it be not stopped, it may not
bake but only be hard and through
dried, and ye may while it is moyst
stich it full of Comfets of sundrye
coolers, in a comely order ye muste
moyste

moyst it ouer with Rose water and
Suger together, make it smoothe :
and so set it in the Ouen or other
instrumēt, & clearer it is lyke lan-
terne hozne, so much the more com-
mended: if it be througħ dried, and
kept in a dry & warme aīre: a march
pane wll laste many yeares, it is a
comfortable meat, meete for weake
folks, such as haue losse the taste of
meats by reason of much and long
sicknesse. The greatest secret that
is in the makynge of this cleare, is
with a little fyne flowze of Ryle,
Rosewater and Suger beaten to-
gether & layd thin ouer the march-
pane ere it go to dryinge: this wll
make it shīne lyke Ice, as Ladyes
repor̃te.

To gylde a Marchpane or any other
kinde of Tarte. Cap. 1.

TAke and cut your leafe of Golde
as it lyeth vpon the booke, into
square peces like disse: & w a Confe-
B. v. Caples

The Treasury or closet

sayles ende moiste a litle, take the Gold by by the one corner, lay it on the place beyng first made moiste, & with another sayle of a Conte dry, presse the Golde downe close: And if ye wil haue the forme of an Hert or the name of I E S V S, or any other thing, what soeuer, cut þ same through a peece of Paper, & lay the Paper vpon your Marchpayne, or Carte: then make the void place of the Paper (throw which, þ Marchpayne appeereth) moist with Rosewater, laye on your Golde, presse it downe, take of your Paper, & there remayneth behinde in Golde the Print cut in the said Paper.

To bake Quinces. Cap. xi.

Pare them, take out þ Core, per-
poule them in water tyll they
be tender, let the water run fro
chē til they be drie: then put into e-
uery Coffin one Quince, & it a good
quantity of marow, Also take sugre,
Cinamon,

of hidden Secrets.

Cinamon, & a litle Ginger, & fill the Coffin therewith, close it, let it bake an howze, and so serue it.

* To kepe Quinces vnpared all the yeare long. Cap rit.

Take ripe Quinces and at y^e great T end cut out a stoppell, then take out the coze cleane, and stop the hole agayne with the same stoppel (but pare them not) and perboyle them a little, take them vp and let the water drayne from them, then put all the Cozes and some of the smallest Quinces into little peeces all to cut, into the water wherein the Quinces were perboyled, and let them sethe till the liquoz be as thick as molten size, that painters occuppe, then take it from the fyze and let it keel: in the meane season couch your cold Quinces in a barel or an earthe pot y^e great end downward (if the stoppel be out it makes small mater) & one vpon an other. Then

The Treasury oꝝ closet

Then put the liquoꝝ in, that it be a handfull ouer and aboue them, couer them close, and after .iiii. oꝝ. v. dayes, looke to them and when you see the liquoꝝ suncke downe, put in moze of þ̄ same which ye purposed it kepte to couer them as befoze, then lay a boorde vpon them and a stone that they rise not, and couer the bessel close with a thicke cloth folded, that it take no ayze, so let them remayne. And when ye intende to occupy some of them, vncouer the bessel and ye shall fynde a Creame coueryng the whole liquoꝝ, breake it in þ̄ midst, turn it ouer with your hand, then take out your fruite in order beginning in þ̄ midst first: then by þ̄ sides, so that you remoue none (if it maye be) but those þ̄ you take away and euery time that ye break the Creame to fetch Quinces, turne the Creame ouer agayne into his place, for you muste know that the
Creame

Creame keepeth out ayre, & keepeth in the strength of the Surrop, therfore it maketh much to the conservation of the fruite to saue it, and also to se þ vessel close couered, Also when ye wyl bake your Quinces, washe them well and cleane in warme water, and bake them as befoze is witten.

To make fine Blaunck powder
for roasted Quinces.

Chapter.

rls.

The fyne Suger halfe a pound beaten in a whote Morter too fyne powder, of whyte Ginger pared halfe an ounce, of chosen Sini-
mon a quarter of an ounce beaten ready to fyne powder, mixt them well together, and yf you wyl haue it moſte excellent caſt two Spoon-
ful of Roſe or Damask water in the beating of the Suger.

To

The Treasury, or closet.

To conserue Quinces in Syrope condit,
alway ready to be serued whole: or
in quarters. Cap. xliij.

After your Quinces are cozed
and pared, seeth them till they
be tender & soft: then lay them
out tyll they be colde, in the meane
tyme take of y^e same licoz. ii. quarts
or more (accozdig to the number of
your Quinces which ye wyll kepe)
and put therein the cozes and some
other small Quinces, all to cut in
small peeces, sethe them in y^e liquoz
to make the Syrope strong, straine
them, & put into the liquoz being.
ii. or .iii. quartes .i. pynte of Rose-
water, & for euery quart also of ly-
quoz, one half pound of suger, seeth
them againe together on a soft fire
of coles tyl y^e suger be incorporated
with the liquoz, then put in your
Quinces, let them seeth softly tyl
you perceaue that your Syrope is
as thicke as liue hony, the set them
to

to keel, and take them out, lat them
in a tray or treene platter: tyl they
be cold, then take one ounce of bru-
sed Cinimon, & some whole cloues,
put them, w some of the Cinimon
in the Syrope, and when it is colde
lat a larde of quinces in your glasse
(called a gestelyn glasse) or an erthe
pot well glased, then draw a little
of your Cinimon bpon you Quin-
ces, the powre some Syrope, lay on
an other larde of Quinces, and a-
gayne of your spice, and Syroppe,
and so soo; the tyl you haue done:
and couer them two fingers ouer
with Syrop aboue, couer the close:
and within . iiii . or . iiii . dayes,
looke to them, and when ye finde
the Syrop wruncken downe, put in
more, and so reserue them. These
are to be serued in with Syrop.

See that the Quinces be tender-
ly sodden, and the Syrop thick and
stronge ynough.

Plummes

Plummes condia in Syzrope
Chapter. rb.

The halfe a pounce of Sugar,
halfe a pint of Rosewater and
a pinte of fayre Raynewater,
or of some other distilled water,
seeth þ Sugar & þ two waters vpo
a softe fyre of coles, till þ one halfe
be consumed: the take it fro þ fire &
when it leaueth boylig, put therein
halfe a pound of ripe Damazines,
or other plummes, & set it agayne
on the embers, & kepe it in the lyke
heate tyll the plummes be softe by
the space of an howre if neede bee,
then put into it some cloues brused
and when it is coude keepe it in a
Glaske, or in an earthen or Gally-
pote, the stronger the Syzrope
is with Sugar, the better it wyll
continew.

Some put into the Syzroup Si-
nimon, Saunders, Nutmegges.
Cloues;

or hidden secretes.

Cloues, and a little Ginger: see the
them not hastily for feare of much
breaking.

To keepe Cherries condit, or
Gosberies. Cap. xvi.

Make your syrop as for plumes
then take halfe a pound of
Cherries and cut off half the length
of y^e stalk of euery Chery, put them
into the syrop, and vse them as you
did the plumes, put in what spice
that pleaseth you, and so keepe it as
before is w^ritten: but make your
syrop strong enough of suger lest it
ware hoze and corrupte, then must
ye make a new syrop stronger of the
Suger: and put the cherries in it to
keepe, as before is sayde. Thus
ye maye doe wth Gosberies to make
of them Tarts, or sawces al y^e wyⁿter
longe, sauing that Gosberies
may be wel sodden without break
yng, because of their tough skin, so
it be softly and diligently donne.

C. i.

To

The Treasurie, of Chyche

**To make Conserue of Roses, or other
Flowers. Cap. xvj.**

Take the Buddes of Red Roses,
somewhat before they be ready
to spzed: cut the red part of the
leaves from þ white, then take the
red leues and beat and grind them
in a stone mortar with a pestell of
wood, and to euery ounce of Roses,
put. iij. ounces of suger in þ grin-
ding (after the leues ar wel beaten)
and grinde them together till they
be perfectlye incorporated, then
put it in a glas made for the nonce:
and of purpose: or els into an ear-
thē pot: stop it close, and so kepe it.

**Thus ye may make conserues of
all kynde of flowres vled therunto.**

The vertue of the conserue of Roses.

Conserue of Roses comforteth
the stomack, the heart and all
the bowells, it molyfeth and
softneth

of hidden secretes.

softneth the bowells, and is good
agaīnſte blacke Coler: melancoly;
conſerues of white roſes doth looſe
the belly more then the red.

To make conſerue of Violets.

Chapter.

rbiii.

Take the flowres of violets and
picke them from the ſtake, beat
and grind them with ſuger, as you
did your Roſes, to theſe put double
the waight of Sugar to y^e waight
of violet flowres, but to all other
flowres put. iiii. partes of Sugar to
i. parte of the flowres.

The vertue of the ſame.

Conſerue of violet flowres is
good againſt the heate and in-
flumation of Coler, called yel-
low Coler, it quencheth thirſtines,
it maketh y^e Belly moſt & ſoluble.

The vertue of the conſerue of Bugloſſe.
chapter.

rci.

Conſerue of bugloſſe flowres, co-
forteth y^e hot hart, it is good for the
francick,

C. ii.

francick,

The Treasury of closet

frantick, for the lunaticke, and for the melancollicke, it is good for the Sincop and swoynng, it taketh away heart burning, and trembling of the heart, of stomack, it profiteth against Coler.

The vertue of the conserve of
Bozage. Chapter. xi.

The conserve of Bozage flowres, is of lyke vertue, it is especiall good againste blacke Coler, of melancoly, it also maketh one mery.

The vertue of the conserve of Rosmary.
Chapter. xxi.

The conserve of the flowres of Rosemary, comforteth the cold and moiste brayne, it comforts also the Senowes, it is good againste melancoly and flegme.

The vertue of the conserve
of Succary. Cap. xxij.

Conserve of Succary is good againste yelow & black coler, & in burnig & heat of hot fevers.

The

of hidden secrets.

The vertue of the conserue
of Elder flowres. Cap. xliii.

Conserue of the flowres of Elder
is good agaynst the morphewe,
it clenseth the stomack, and y^e whol
body from scabbs. Gather the clus-
ters, or bunches whereon y^e flowres
grow when they are newe blowne
and spreade: lay them vpon a layre
weete abrode in a Chamber a daye
or two, tyll ye shal perceue y^e flowre
wyl shake off and fall a waye, then
pyke them cleane, and make therof
conserue, as ye do of other flowres.

And whereas it is more holosome
then pleasant, therfore put some o-
ther conserue (suche as ye luse) a-
mongst it, when ye wyl occupy it.

The vertue of the conserue of
Soyell. Chapter. xliii.

Conserue of Soyell is good agayst
all unkind heats, of the stomake
C. iii. and

The Treasury of elset

and other principall partes of the
body, and againſte yellow coller.

Take leaues of Sorrell, waſhe them
cleane, and make of the water
cleane, or els tary tyll the water be
dried cleane: beate them, and grind
them with Sugar as above, and
then kepe them.

The vertue of the conſerue of Bayden
heire. cap. rrb.

Conſerue of 8 leaues of Bay-
den heire is good againſte the
ſickneſſe of the ſyde, called the
Pleureſy, and for al diſeaſes of the
breaſt, and of the lyghtes, and in all
maladies of Malencoly, and againſt
red coler, make it as you do of ſorel.

To make conſerue of Elecampane
Rootes. cap. rrb.

Take the roots of Elecampane
waſh the cleane, ſlice them in to
peeces as big as your thumb,
ſeeth them in faire water, tyll they
bee

of hidden Secrets.

bee tender, take them by, & powne
them & draw them throu a haire-
sive, put therto in the second seething
the double or treble waight of sugre
and when the sugre is perfectly in-
corporated, take it off, and kepe it.
See it be wel styred in the seething.

The vertue of the same.

Conserue of Elecampana is
good to comfort y^e stomack, and
the nourishing members, it mar-
uelously looseth tough flewme, de-
solueth, and consumeth the same,
by the sledge it auoydeth it.

To make conserue of Acorns, or Gladen.

With the vertue of the same.

chapter.

xxvii.

The the roots of yellow flowre
delice which groweth in moist
grownde, otherwise called a
flag roote, washe them and scrape
them, seeth them, and order them
as ye doo of Elecampana now
C. liii. laste

last before rehearsed, and so kepe it.
This conserue is good againſte all
ſickneſſe of the brain and ſynowes,
and againſt all deſeaſes of ſteme.
vnto women it oppeneth naturall
courſe and termes,

And you muſte generally learne,
that in makynge conſerues, frutes
and Rootes are made with fyre and
ſeethynge: but flowres are made w-
out fyre or ſeethynge. Moreouer the
more Sugar or Honeie is put into
the, ſo it be not paſt .iij. li. to .i. the
conſerue ſhal continue the better.

To make Parmalade of
Quinces. Cap. .xxviii.

After that your Quinces are ſod-
den, ready to be kept condict as be-
fore in the chapter is wrytten, then
with ſome of the liquore wherſ they
were ſodden (but without any ſpice)
beate

beate them and drawe them as ye
wolde do a Carte, then put some o-
uer the fyre to seethe softely, and in
the seething strew by little & little
of powder of suger, y^e waight of the
Quinces, or more, as your cast shall
tel you. Stir it continually, put ther
to some pure rosewater, or damask
water, let it seeth on height til it be
wal standyng, which thing ye may
know, by takyng some of it vpon a
colde knite and let it keele, if it bee
stiff, then take it off & boe it while
it is warme, and set it in a warme
and dry ayre, yf you wyl gyld your
Marmalade, do as afore is spoken
of a Marchpane.

¶ The beste makyng of Marma-
lade is when the Quinces haue
layne long & are throug ripe, and
bery yellow, as in lent season.

¶ And forasmuche as Quinces
C. b. are

are bynding, and therfore not good
for some sickfolkes costife, it is
necessary to put a good may of ripe
apples of good verdure, as Renet,
Pyppen, Lording, Russetyng, Po-
mertall, Rex pomozu, or any other
apple that is pleasant raw among
them, being fyrst drawne, for a tart
and then sodden amonge the other
matter of Quinces. Thus shall you
make your Marmalade somewhat
souple, and also encrease the quan-
titye and verdure of the same, specti-
ally if it be well dashed with swete
water.

To make Marmalade of Damplings
or Quinces. Cap. xcix.

The Damplings which ar ripe,
boyle them on the fyre with
a lyttle sayre water. tyll they
bee softe, then draw them through
a course Boulter as ye make a tart
set it on the fyre agayne seethe it
on

on height with sufficient suger, as
you do your Quinces, dash it with
sweete water .ac. and boe it.

If you wil make it of Prunes, euen
likewise doo put some Apples also
to it, as you dyd to your Quinces.

This wise you may make Marry-
lade of wardens, Peares, apples, &
Medlars, Scruits or Checkers,
strawberys euey one by him selfe,
or els mixt it together, as you thinke
good.

To make conserue of Stra wberies,
With the vertue of the same.
chapter. rrr.

T Take Strawberies. i. quart clene
picked and washed, set them on
the fyre til they be soft, strain them
put thereto two times as much su-
ger in powder, as waight of the
strawberies, let them seeth tyll the
suger be incorporated wth straberis
Pue

The Treasury of closet
put it in a Glasse or earthen pot
well glased.

The vertue of the same.

The conserve of Strawberies
is good against a hot liver, or bur-
ning of the stomack, and specially
in the seruent h:ate of an ague.

Thus make conserve of Damas-
sins and P:unes.

* To make conserve of Cherries
and Barberries. Cap. xxxi.

Likewise ye must make cōserue
of Cherries, and also of barberts
saying that these require more Su-
ger then the other do which ar not
so lowe as they bee.

Here is to be noted, that of con-
serues of fruits may be made mar-
malade, for when your conserve is
sufficiently sodden, and ready to be
take off the seeth it more on height
and it wyl be Marmalade.

More

I Moreover some make their con-
ferte, Marmalade & Syrops with
cleane Sugar, some with cleane
Hony clarified, some with Sugar
and Hony together. And after the
opinion of diuers great Clarkes,
Honye is moze hollesome, though it
be not so toothsome as sugar.

* To make Succade of Peeles
of Oranges and Lemons.
Chapter. xxxii.

Fyrste take offe your Peeles by
quarters and seet hthem in saie
water from .iij. quartes to .iij.
pynts, then take them out, and put
to as much moze water, and seethe
them lyke wyse, and so doe agayne,
till the water wherein they are sod-
den haue no bitternesse at all of the
Peeles, then are they ready. Now
prepare a Syrop as ye doe for quin-
ces condit in syrop in p. xliii.

chapter

chapter before written: seeth them
in the Syrope a while, a keep them
in a Glasse or Pot,

To make greene Synger.
chapter. xxxiii.

Take the Rases of cased Synger
of the fairest, and ble them as
foloweth, lay a broad lane of faire
sand vpon a low floze on þ ground
halfe a foote thicke, then laye your
Rases of Synger vpon the sande in
order, couer the Synger with more
sand. tiff. or. v. fingers thick. sprin-
kel the sand ouer faire with water,
twice every day, that it be moyste,
thus dayly do tyll ye shall perceaue
your Rases to be soft. Then take
bp your Rases: wash them a scrape
them cleane. haue a Syrop readye
made as aboue is sayde, seeth them
in it till they be wel seasoned, take
them bp and with some of þ Syrop
cast the, or put the in a pot of Rone.

CC

of broken pepper.
To make pepper soft: wth the
vertue of the same.

After the same manner with
sand ye may make pepper soft
and with lyke Syzop season & kepe
them. Ginger & Pepper in syzop
comfōrteth a colde stomake, & help-
eth much to good digestion.

To make all kinde of Syzops.

chapter. xxxiii.

The Buglosse, Bozage, white
Endiue, of each. i. handfull, of
Rosemary, Tyme, Flop, win-
ter Sauery, of each halfe a handfull
seeth them (being fyrste broken be-
tweene your hands) in. iiii. quartes
of water, vnto iiii. pints, the straine
it, and put to Eliquor, whole cloues
an ounce, powder of Cinimon: half
an ounce, powder of Ginger: a quar-
ter of an ounce. i. Nutmeg in pow-
der, of suger half a pound, or more:
let them seethe vpon a softe fyre
well syzred for burning too.
vntyll

bristill it come to the thichnesse of
hue Honey, then keepe it in Gallypots, if you put .i. pynte Malmzey
in the second seethig, it wyl be bet-
ter. When it is perfecte, haue sixe
graynes of fine Muske in powder,
stirre it amongst your Syrop as ye
put it in the Gallypot, and couer it.

This Syrop will last many yeres
and is excellent against swooning
and faintnesse of hert, it cōforteth
the Brayne and Sinewes, if it bee
bled as muche as a Hasell Nut at
once, at your pleasure.

To make MANVS CHRISTI.

Chapter.

rrrb.

Take halfe a pownde of white
Sugar, put therto .i.iii. ounces
of Rosewater, seethe them vpon a
solte fier of Coales, tyll the water
be consumed, and the Sugre is be-
come hard, then put therein a quar-
ter of an ounce of the powder of
Pearles, stirre them well togither,
put

put for every spoonfull, a peece of a
leafe of Golde cut of purpose: caste
them vpon a leafe of white Paper,
annointed fyrst with the Oyle of
sweete Almonds, or sweete butter
for cleauning too.

To make Losings. Cap. xxxvi.

The halfe a pound of Suger,
and as much Rose water: or o-
ther distild water, as for Ma-
nus Christ seeth them lyke wise,
and when ye wpll know when it is
sodden inough, take out some vpon
a kniues poynt, and let it heel, and
if it be harde lyke Suger, then it is
sodden inough: then put into it of
any of the powders hereafter nexte
folowing, one ounce: stirre the well
together, lay it vpon a paper oyled:
drie it as thir: as ye thinke meete,
lay on your Golde leafe wa Conys
sayle, cut your Losings Diamonde
fashion, and so keepe them.

D. i.

Powder

The Treasurie, or closet

Powder of Hollond against Colick, and
gnaewing of the belly. cap. xxxviii.

Take Cinamon, Anys seede, fenel
seede, Cummin seede, of ech a
quarter of an ounce, of Wauen Ay-
querice. iiii. quarters of an ounce,
of Gallingal one ounce and a half,
of Spphnard a quarter of an vnce,
of Sene of Alexandria. ii. ounces:
beat them al into fyne powder, and
serce them, whereof take a quar-
ter of an ounce in a messe of Potage.

Powder to make the belly soluble, causing
a gentle laske: mete for noble personages.

Chapter.

xxxviii.

Take Sene of Alexandria one
ounce, of fyne Gynger halfe a
quarter of an ounce, of Anys
seede a quarter of an ounce, beate
them into fyne powder and serce
them, put of this powder into your
sodde

of hidden secretes.

lodde Sugre, and make Rosynges
as befoze; of the whole, y nūber of
xvi. wherof dissolue two of them in
a messe of Potage, or in a Cup of
wyne fastyng in the morning, and
fast one howre after, if you doe put
as much of sugre in powder, as the
waight of the whole powder, yee
may keepe it in a Bladder, and the
whole powder wil serue. viii. times
to receaue, as euen now is sayd.

A receipt to restore strength, in them
that arr brought low with long
sicknesse. chapter. xxxix.

The of the byawne of a fasant
or Partridge, and of a Capon
sodden or roasted, of ech a quar-
ter of an ounce, keepe them in rose-
water two howres. of the kernels
of Nuttes called Pistaciorum & of
the kernels of y pine apple, of ech a
D. ii. quarter

The Treasurie, or closet

quarter of an ounce of Cinimon, in
fine powder the waight of twenty
Barly cornes, of y^e Spices of Dian-
thos, diamargariton, Lettificantes
Galent, of each the waight of forty
graines, or barly cornes, of the seed
of Millon, pepon, Goorde, and Cu-
cummer, of each the waight of ten
graines, the skin taken of, let them
be all grownde smal, then take .vi.
ounces of suger, dissolved in bozage
water, seethe it on haighte as for
Lofinges, and when it is sodden y-
nough, the put in al y^e other geare,
and make Lofings therof. wherof
one is sufficient at once dissolved in
a melle of Potage, or a drafft of drink:
thus doo, it, or, iii. times euery day.

To make Zporras. Cap. xl.

The of chosen Cinimon, two
ounces, of fyne Gynger one
ounce, of Baynes halfe an
ounce

of hidden Secrets.

ounce, bruse them all, & steepe them
in. iij. or. iij. pyntes of good odife-
rous wine, with a pound of Sugre
by the space of. xxiij. howres. then
put them into an Hypocras Bag of
woollen, and so receaue the liquor.

The reddest and best waye is to put
the Spices with the halfe pownde
of sugre, and the wine into a stone
Bottle, or a stone pot stopped close,
and after: xxiij. howres it wyl be
ready, then cast a thin linnen cloth,
or a peece of a boulder cloth on the
mouth, & let so much run thozow:
as ye wyl occupy at once, and kepe
the vessel close, for it will so well
keep both the sprite, odour and ver-
tue of the wine, and also Spices.

CA violet powder for wullen clothes
and Furres. cap. xli.

T The of Treos. ii. ounces, of Cala-
mus aromaticus .iij. quarters
D. iij. of an

of an ounce, of Cipres, or gallingal,
of Spiknale, of Rose leues dried, of
ech a quarter of an ounce, of cloues
of Spyke: or Lauender flowres, of
each halfe an ounce: of Nigella ro-
mana, a quarter of an ounce: of
Beniamin, of Storax calimit: of
each halfe an ounce. Let them be
all finely beaten, and serced, then
take two or three graynes of Busk
disloue it in rose water, and sprinc-
hell the water vpon the powder,
and turne it vp and downe in the
sprincklynge, tyl it haue drunkē vp
the water, when it is dry, kepe it in
bagges of spyke.

* A swete powder for Napery
and all Linnen Clothes.
chapter. xlii.

The of sweete Marjorim,
(that is hore, that is the swee-
ter) when it hath in him
Seedes ripe, cut the braunches,
so that

so that the Roote maye springe a
 gayne, when this Mariorum is
 dried, then rubbe out the sedes and
 keepe them to sowe about Easter,
 and the Huskes or leues that grow
 about the Seedes take for your pur
 pose, rubbe them small betweene
 your handes (for if you beat them
 to powder in a Morter, they will
 loose the most parte of their sauer)
 then take of white Saunders,
 or of grey Sanders, but looke that
 they be new of right sweete odour,
 for if they bee olde, and haue no
 pleasaunt and quick odour, they ar
 nothyng worth, take A say of these
 sweet Saunders beaten into fyne
 powder one ounce, and put it to
 an ounce of your sweet Mariorum
 rubbed betweene your handes as
 afore is sayde, and yf you put
 one or two Graynes of Huske
 therunto (for your wearyng linnen
 it is the better) sowe these vp in a

D. llll.

lyke

Spike bag together, & lay it among
 your Linen, of such baggs haue a
 dosen or two, which will continue
 many yeares, and when you looke
 to your Linen: then chase each of
 the bagges betwene your handes,
 that they may yeld out their sweete
 odour. Moreouer in the Sommer
 time, gather red Roses in faire we-
 ther, so soone as they be blowne, &
 opened, laye them vpon a Table, &
 Bed, or a layre floze of boords, and
 now and then remoue them leaſt
 they mould, and ware soylty, when
 they are dry, pick off y^e leaues, that
 you may haue .ii. peckes of them,
 then strew them amonge and be-
 twene the boughts and foldynges
 of your Linen, with .i. handfull of
 of drye spike flowres, to .vi. handfull
 of drye Roses, and lay your sweete
 bags amongst them. Be sure that
 your lpyen be euer thorough dryer ye
 lay them vp, for els the Roses will
 ware

ware hore, let your coffer in a dype
ayze, and in the winter tyme, or in
wet wether, when ye perceue your
Roses to ware moyst, the put them
into a pylow bere or twayne, that
they fall not out, and lay them bp
on your bed betwene the Couerlet
and the Blancket, all night, or els
befoze the fire, let them dype, and
drew them agayne.

Moreouer ye must alwayes haue a
bag full of dry Roses in store, hepte
in a dry ayze, for if he lose his read-
nesse, the looeth the rose his sweet-
nesse.

Spynally ye must euery yeare, put a-
way yout olde Roses, and occuppe
new, but keepe your sweet Bagges
till many yeares.

* To make a Pomeamber. cap. clxij.

T Take of Benjamin .i. ounce, of
Stozar calamit halfe an ounce
D. b. of

of Labdanum the eight part of an ounce, beat them to powder, & put them into a brason Ladle with a little damask or Rosewater, set the over the fyre of Coles, til they be dissolved: and be soft lyke ware: then take them out and chafe them betwene your hands as you do war: the have these powders redy finely serced, of Cinimon, of Cloues, of sweet sanders grey or white, of ech of these. iiii. pouders halfe a quarter of an ounce mixe þ pouders w þ other and chafe the wel together, if they be to dry moysten them a little with some of the Rosewater left in the Ladle, or other: if they were colde, warme then upon a Knives poynt over a Chafingdishe of Coles, then take of Amber greace, of Musk and Civet, of ech. iiii. graines, dissolve þ Amber greace in a Siluer Spooone over the hot Coles, when it is cold, make it smal, put it to your Musk and

and Ciuet, then take your Borne,
that you haue chased and gathered
together, and by little and little.
(with some swete water if need be)
gather vp the amber, musk & ciuet:
and mixe them with your Ball, til
they be perfectly incorporated, then
make one Ball or two of the lampe
as ye shal think good, for þ waight
of the whole is aboue two ounces,
make a hole in your Ball, & so hang
it by a Lace.

If you perceaue that þ Ball is not
tough ynough, but to brittle, then
take a curtely of storax liquida, and
therwith temper your Bal against
the fire, but take not so much storax
liquida, because it is too strong.

Or þ better way is, to haue some
gum cald dragagathi redy dissolved
in swete water, it will be dissolved
in. ii. daies, & w þ gather your Ball
with þ heate of þ fire: this Ball wil
be of like goodnes within as wone
and

and of great price. Some men
put in y^e makynge hereof. iiii.oz. iiii.
drops of the Oyle of spike, beware
of to much, because it is veri strong.

When ye wyl haue your Ball ex-
ceede in sweetnes, breake it & haue
ii.oz. iiii. graines of Musk. oz Ciuet
oz Amber greace, as you delight in,
oz al together, desolue them in rose
oz Damask water, & with the same
chafe your Ball ouer the fyre tyl al
be drunken in, then pearce a newe
hole as before.

* To make a fine fumigation to cast
on the Coles. cap. xliii.

Take of Benjamin .i. ounce, of
Storax calamit half an ounce
disolue them as for a pomean-
ber, then haue redy these woods in
powders oz one of them, Cyniper,
oz Cipres, oz of white Sanders, &
of Cloues, of either halfe & quarter
of an ounce, al in fine powder, mix
them

them all together: and with some Storix liquida gather the together with the heat of fire, then make the rownde of the bignesse of a blacke doe, and with your Seale printe it a Cake while it is warme and soft.

Of these cast one or two vpon a Chafingdishe of Coles, to purge all pestiferous infection, and corrupte ayres, out of your house: if you put to the other thinges, the powder of Amber beades it wil be the sweter.

Some put also Labdanum, as befoze is sayd in makynge of the pommeamber, heerein doo as the sauoz therof shall please you.

To make the same in Oseletts.
chapter .xlv.

TAke a little of the fyne powder of Sallow, or willow Coles, mix it wth som of your fumigatiō last befoze named, in the makynge work them

The Treasury, or closet.

them wel together. then fashion it
with. iiii. oz. it it seete lyke a Cloue.
and when it is drye kyndle the ende
of it at a quick Cole, & it wyll yelde
a sweet sauour, put not to muche
coles for the it wyl sauour of the, put
not to little Coles. for then it wyll
not kepe fyre: put not to much Storax
liquida. for then it wyll be too
bryttle and to moyste, and wyll not
lightly drye: therfore it shalbe well
to haue som Gumme of y cheritree or
Plumtree, which they call Gumme
Arabick, disolue some of it in swete
water tyl it be liquide and tounge,
with this gather your Dislets, or
other fumpgattens.

CA moyste fume vpon a fuming
dish. chapter. xlii.

Take a peece of your Ponteam.
ber as bigge as a hael Nutt,
bruse it, put it into you fume
ing dish

ingdishe, with sweete water, put
therunto a few bay leues, as much
of dried Basell leues, a lyttle rose-
mary, and set it ouer the fyre, vpon
a Cubbard: or els in the stede of the
Pomegraner, put. ii. or. iiii. of y cakes
before written broken small, &. ix.
or. x. whole Cloues, and if you wyl
haue it excellēt sweete, then put. i.
or. ii. graynes of Muske, and let the
leues & them stand ouer that fyre
together, as before is sayde.

A Fumigation for a Priest, and clothes
that no Weib shall breed therein.
chapter. xlviii.

T Take of the wood of Cipres, or of
Jeniper, of Rosemary dried, of
Storax Calamit, of Benjamin, of
Cloues, a like waight beaten all in
to pouder, then take of y powder of
Wormwood leues dried: as much
as all y others. mixe them well to-
gether, cast therof vpon a Chafynge.
dyth

The Treasurie, or closet.

dish of coles and set it in your presse
and shut it close, & thus do oftentimes
till you haue well seasoned your
Presse or Coffer.

*A Powder wherewith to make
sweate waters. cap. xlviii.

Take of the wood of Cipers, or
the roots of Galingal. i. quar
terne. Of Calamus aromati
cus. i. quarterne. Of Orace or Iris
one quarterne. Of Cloues. i. quar
terne. Of Storix Calamit, one
quarterne. Of Bentamin, one
quarterne.

Or ye may take of each of these,
one ounce for a proportion, let all
be beaten into powder: and when
ye wyl distyll your Roses, syll your
Styll with Rose leaues: and a few
Spick flowres, & vpon the top of
them, strew some of your pouders, &
so distill them. Some put a little
of

of the powder of *Rigella romana*:
to the other powders. These cakes
will be very sweete: put the water
in a large glasse, and to the pottle,
put .xii. graynes of Muske, let it
hang in the middes of the water in
a thin Linnen cloth with a thred,
set it in the sonne. xx. or. xxx. daies.
then take the Glasse in, and set it in
a dye a ye.

* An other manner of making of Damaske
water. cap. xlii.

Take of Arace or Iris, of Spike
flowres dried, of Cloues, of ech
f. once, make the in poder, put them
together with a pint of new Ale in
cornez, and .i. pinte of Rosewater,
into an earthen pot: put thereto a
good manye of grene Rose leaues,
let them soke in it, a night tyme,
stoped close, in the morninge when
ye will distill, first lay other Rose-
leues in th: bottom of your Still,
toze for fere of cleuing to, then take

E. f.

of

of the Rose leaues, out of the Pot,
and put them with other greene
Rose leaues in your Stilltoze suffi-
cient, and to the water: put Muske
as aboue is sayd. This water is
excellent to set forth a Carte, an
Apple moyle, or Almond butter.

To perfume Gloues.

cap. l.

TAke the Gloues, & wash them
in Rosewater, or Damaske
water, tyll the scurfe of y^e Le-
ther be gon, and then stretch them
forth softly, and keepe the water,
you wash them with still: Then
hang them vp to dry, and then laye
them in a cleane linnen cloth that
is foulded. iiii. or. iiii. doubles: and
when they be drye, let them lye in
Rose leues dryed, a day or two: then
take Oyle of Ciuet Almons, and
Muske: and grind them together vp
on a Marble stone. Stretch them
forth softly, and with your hande
annoynte your Gloues. iiii. or. iiii.
times:

The Treasurie, & closer

tymes : & ever among stretch them
foorth, then let them drye, and ever
stretch them forth softly as they drye
Then take Sandifer mixed with a
lyttle Ambergreace, and strewe
the powder of it thinly vpon them
and laye them in a Paper: and in a
Box, or els melte the Ambergreace
with a quantitie of Rosewater, and
mixe the Sandifer to it, and so an-
noynt the Gloues with the same.
Then let them drye, and lay them in
fayre white papers.

2. To perfume Gloues another way.

Take the Gloues & washe them
as aforesaid. iii. or iiii. times
wring them euery time softly:
then take Gumme of dragagant, and
stepe it in fine Damask water one
night, then strain þ water through
a fine Linnen clothe, and cast the
Gumme and mix it with an ounce of
Ambergreace, and a quarter of an
ounce of Muske, fynte grynde your
C. it. Amber

The Treasury, or closet.

Imber greace & Oyle of Turpentine, then mingle al together, & roll your Gloues with the same: laye them to dry, & lay a paper betwene.

3. A preparatiue for Gloues.

W The y Gloues as afoze is said, till the sent of the leather bee gon, then take Benjamin .ii. ounces, of Storax Calamit. i. ounce, let them be very fine, then take oyle of Ciuet Almons and mingle it with Benjamin & Storax vpon a Marble stone: when it is wel grownd, put it into an earthen Potte with more Oyle of Ciuet Almons, then put in Gloues in powder, and so let it stand very close couerd: and when you neede, take a little Rose water in a Sponge, and rub the Gloues softly, & then in lyke manner with the Oyle called Ciuet Oyle for the same purpose.

4. Another way.

T The twelve Gaynes of Ducke.
lyre

fyre graines of Clovet, .viij. graines
of ambergrece. .iij. grains of Storax
Calamit. .vi. graines of Benjamin
and a few Cloues: grynde all these
together, with Oyle of Clovet Al-
mons. Frye wash your Gloues:
with fullers. disolued a day in Da-
mask water.

5. Another for Gloues.

Take your Gloues & wash them
in rose water once or twice, till
all the scurffe be gon fro them
and then let them drye, and stretch
them well out, syngers and all:
Then playne them, and wash them
once or twice, then take two oun-
ces of Storax, and as much Benia-
min made in powder: Dresse your
Gloues all ouer, on a smooth boord
before they be dry, then hang them
to drye, and when they be drye, saue
the powder that is lefte, then take
a pynte of Rosewater, and .ii. oun-
ces of Storax, and two ounces of
C. iij. Cinimon,

Cinnamon, put all these in fine powder, and cast them to the rosewater, and let the seethe in a close Bosnet covered. Then take a fine Brush, and brush them ouer.

6. An other way to perfume.

Take Amber grece a dramme, of Musk halfe a dram, of Gules a dram, of Ciuet halfe an ounce, put all these together in a pynt of rosewater, or Damask water.

7. An other way.

Take a dram of Amber grece, a dram of Benjamin, halfe a dram of Gules, a dramme of Storax, a quarter of an ounce of Labdanum, put all these to Rosewater.

A perfume for Chestes and Cubbozds:
And also for Gloues. cap. li.

Take Benjamin and Storax, of ech one ounce, Labdanum, and Gules, of ech a quater of an ounce, halfe a Dramme of Ciuet. If you burne it for Chestes, or Cubbozdes, beate

of hidden secrets.

beate it in a hot Morter. If it be
for Gloues, boyle it and put it to
Rose water.

* To colour Gloues.

Cap. lii.

You must haue Hulles of greene
walnuts, that must lie in water
all the yeare long: roule them well
with these Hulles, & make them as
deepe a couller as you may.

How to couller Gloues
yellow within.

To colour Gloues yellow, thin
take y^e yolkes of xx. Eggs, & put
them in a frynge pan, with a
soft fyre, fyre them euer, and bruse
them with a ladle, & the Oyle that
ascendeth of them, being annointed
on the in syde of the Gloues, wll
make them loke yellow.

C. liii.

CCo

The Treasury of closet

To make Muskehope.

cap. lxxx

Take stronge lye made of chalk,
and six pounde of stone chalk:
iiii. pounde of Beere Suet,
and put them in the lye: in an ear-
then pottle, and mingle it well, and
kepe it the space of forty daies, and
mingle and styre it. iiii. or. iiii. times
a daye, tyll it be consumed, and
that, that remayneth. vii. or. viii.
dayes after, then you muste put a
quarter of an ounce of Muske, and
when you haue don so, you must al-
styre it, and it wyll smell of Muske.

To make red sealyng wax.

cap. lxxxi.

Take to one pound of wax. iiii.
ounces of cleare Turpentyne
in Sommer, in Winter take
fowre: melte them together with a
soft fyre: Then take it from the fire
and let it coole: Then put in ver-
million

mylton berpe synely grounde, and
Sallet Oyle, of each an ounce, and
mix them well together, and it is
perfect good.

To kepe Damslins in syrop.

T Take Damslins & picke them w a
knife, o; a pi the take clarified Su
ger as much as you shall thinke wil
serue & then you must boyle it till it
be as thick as birdlime: Then boyle
your Damslins in þ clarified sugre,
till they be soft, the take the vp, and
put them in a glasse, then you must
boyle þ syrop, till it be thich as þ o.
ther was, before you put in þ Dam
slins, & as soone as it is so thick you
muste powze it into the Damslins
and so couer them close.

For the gnawing in a Womans stomacke.

T Take a good handfull of Spermit,
and a handfull of worme wod, and
heat a ttle stone, & lay these, ii. thigs
on it, & make a little bag, & whē the
herbes be hot. put the in þ bag, & so
laye them to her stomack.

The Treasurie of secrets

**To make swete Damaske powder so to be
maner of wayes.** cap. 16.

T Take. ii. oz. iiii. handfulls of dried
Rose leues ii. graines of Musk
halfe an ounce of Cloues and beat
thele all to powder.

2. An other way

T Take. vi. ounces of Orace .i. iiii.
ounces of Cloues. ii. ounces of Ro-
sar Calamite .i. pounce of Labda-
num ii. ounces of yellow Sanders
and a lytle Musk.

3. An other way.

T Take. ii. ounces of Cloues .i. iiii.
ounces of Spruce, iiii. ounces of
Storax calamit .i. iiii. ounces of
Roses. iiii. ounces of Benjamin.

4. An other way.

T Take. iiii ounces of Sypres .i. iiii.
ounces of Benjamin, ii. ounces of
Coleander or Labdanū, iiii. ounces
of Storax Calamit, ii. ounces of
Roses, beate all these to powder.

To keepe Barberyes.

cap. 16^e

Take

The claryfied Sugar, & boyle it tyll it be thicke, whiche you shal perceue yf you take a litle betweene your fingers it wyl rope lyke Birdlyme: Then put in your Barberyes, and let the boyle with a soft fyre, vntyll you perceaue thet be tender, the put them in a Glasse and couer them: and so kepe them.

To make fine Rye Porredge. cap. lvi.

The halfe a pound of Jorden Almons, and halfe a. li. of Rye and a gallon of running water, & a hand ful of Oke barke, and let the bark be boyled in the running water, & the Almons beten with the bulles and all on, & so strayned to make the Rye Porrege withal.

For the Ague in a womans brest. cap. lviii.

The Hemlocke leues & frye them in sweete Butter, & as hot as she may suffer it, lay it to her brest and lap a warme white cotten, and it wyl

will drine it away in short time.

For the unnaturall heat of the Liver.

Chapter.

lir.

Take borage, buglosse, sicoz, vio-
lets, fumitort, yong hop buds, fe-
nel buds, of ech a quarter of a hand-
ful, yong mallows & mercury of ech
halfe a handfull, boyle these in a
pottle of whey and straine it.

For the Cankar in the mouth. cap. lr.

Take halfe a pinte of ale, & a sprig
of Rosemary, & seethe them toge-
ther, & scum your ale, and then put
in a pece of Allis as much as a nut,
and a spoonfull of Honey, and two
spoonfull of Hony suckle water.

* To know what time in the yeare Herbes
and Flowres, should be gathered in their
full strength. cap. lri.

Medicines are made divers and
sundry wayes, some by leues,
some by sedes, some by rootes, some
by Herbes, some by flowres, & some
by fruits: Such leues as are put to
medicins shuld be gathered whē they
be at

be at at they? full waxing, ere that
their coullour be chaunged, o? that
they fade any thing.

¶ Sedes when they be ful ripe and
the moyfnes fom what dried away

¶ Flowres shoulde be taken when
they be fully open ere they begin
to fade.

¶ Herbes shoulde be gathered when
they be full of Sappe, and ere they
wink.

¶ Rootes shoulde be gathered when
the leaues fall:

¶ fruites shoulde be taken when
that they be at their ful growth, o?
when they fall, & the heuier & frutte
is, the better, & those that be great
and light in ponderation chuse not
them, and those that be gathered
in say? wether be better then those
that be gathered in rayne.

And those Hearbes that groweth
in the feldes are better than those
that groweth in Townes, in
Gardens

Gardens, and those that groweth on hills in the field be best for Medicines, for commonly they be lesse, & not so fat, and haue more vertue.

Many Herbes there be that haue special time to be gathered in: And if they bee gathered in y^e time, they haue their whole vertue to their propertie, or els not so good. Some helpeth when so euer they be gathered, & some be nought yf they be gathered out of time, therfore mark well what I teach thee.

¶ Betayne shalbe gathered principally in Lamas Monthe with the seede and the roots, and without any Iron toole, and it shalbe dyled in the shadow, for medicins it may be gathered other tymes, but euer more it is the better yf it be gotten without Iron, and it muste be gathered afore Son rising.

¶ Swinsgras shalbe gathered whē it pleaseth in time of neede.

¶ Camamyll

Camemamill halbe gathered in
Aprill.

Perptory halbe gathered i June
before the Son ryling.

Red docke halbe gathered when
they neede dayly.

Longedebese halbe gathered in
June and July.

Penyworthe halbe gathered in
the beginning of winter.

Germander halbe gathered in
Lammas Month.

Diagaunce shall be gathered in
June and July.

Columbyne in Lamas month.

Addertung should be gathered in
Aprill.

Bedelyon when thou wilt.

Groundsill alway after midday.

Walwort when it pleasech you
without Iron.

Violet should be gathered in the
Month of March, & in this month
should violets be put into Sugre
and

and to Syzop. ¶ Roses shoulde be gathered in Aprill and in May, and of them shoulde be made Syger roset in Syzopes of Roses, and in this same Month shoulde Oyle be made of Camamyll.

¶ Rosemary flowres shoulde be gathered in May.

Centory wyē be begieth to flowre.

¶ Origanum in y^e Month of June.

¶ Solsequie shuld be gathered the xvi. day of Auguste, before the Son rising without Iron.

¶ Hertsfong shoulde be gathered ere day, in November.

¶ Aristologis shoulde be gathered the same time.

¶ Earlyke may be taken when you neede for Medicines.

¶ Wilde Earlyke shuld be gathered when it flowreth.

¶ Burdes shuld be gathered in the ende of September, when they bee ripe, and dyed where the Sonne may

may be all day. wylde Dep berres
shoulde be gathered when they wax
yellow.

¶ Cucumbers shoulde be gathered
when the fruit is ripe, and þe fruite
shoulde be layd vnder vines, where
the Sonne maye not haue all his
strength to him in a moyste place
that it may roote, for than the seed
shalbe good and ful of kernalles.

¶ Citrull when þe fruite is ripe and
dried in a dry place in the Son.

¶ Calamint water shuld be gather-
ed when it flowzeth, and drie it in
the shadow, and it will last a yeare.

¶ Saffron shoulde be gathered afore
that the Son doth rise.

Godur that groweth amonge flax
shuld be gathered when he begin-
neth to flowze, and it maye be kepte
three yeare.

¶ Drauke shuld be gathered when
it flowzeth, and drie him in the sha-
dow, and a yeare it wyl last.

f. i.

¶ Clebey

The Treasury, or closet.

A Cleber, must be gathered in Dar-
west time .

Fenell seeds shuld be gathered in
the beginning of haruest, and two
yeare he may be kept.

The rootes of fenel shoulde be ga-
thered in the begning of the yeare
and .ii. yeare they are good.

Baldemonye that some men cal-
leth Bincian, shoulde be gathered
in the last end of the yere, and .iiii.
yeare he is good ynough. The roote
of this Herbe is vled, and how thou
shalt know him is this, that he be
very bitter: the lesse bitter, & worse.
Also, looke that it be white whole,
and not hollow within, but sad, &
not brittle, nor full of powder.

Gallyngale, is called in Phisick,
Cipus: it may be taken at al times
when thou wilt, but best is in the
ende of Aier: and three dates it must
be layde into the Sonne, and bee
dried: that the moysture rotte is
not,

of hidden secretes.

hot, and then you must keepe it in
the shadowe.

¶ Flouredelice, Would be gathered
in the ende of Apr, and dried in the
Sonne, & it wyl last. ii. yeare well.

¶ Here foloweth, the sanndie Vertues of
Roses, for dyuers Medicines. Ca. lxi.

Roses, be colde and moyste, in
two degrees: it hath these ver-
tues. Stampe it, & lay it to a soze
that brenneth & aketh: and it shall
cease both the brennyng & akynge.

¶ Also, it is good for the feuer in
the stomacke, & against all euylles
that are generated in hot humours.

¶ Also, lette any woman drynke it
with wyne, and it shal forthwith
restrayne bleedynge, and helpe the
narowes of the wombe.

¶ Also, make Oyle of Roses, & that
is a principall Receipt for pitching
in Sines: & the water therof is
good for soze eien, and for hot euils.

R. ii.

AND

The Treasury, or closet.

and the Oyle is good for head ache
to anoynte therewith the temples,
and y^e roote of htm is good, & draw-
ynge for Iron : or other thing in a
mans foote, & the red Rose is much
better then the white.

* The sundry vertue of Lillies. cap. lxxii.

Lillies are colde and dry in three
degrees, and so sayeth Galyen,
that who so seetheth y^e leaues in
water, it is a noble Plaster for Si-
nowers that are shorted, & it is good
for al maner burnings & scaldings.
¶ Also when the leues and y^e roots
are sodden in olde wyne, and tem-
pered wth with honi, it is a profitable
plaster for sicknesse y^e are broken.
¶ Also the water & y^e Juice is good for
to wash th^e bristles, and namely to
do away y^e freckles on mans visage
or womans, and the roote is good
to ripether with betches, and for to
help to breake them.

of hidden Secrets.

¶ Of the sundry vertues of Milfoyle.

Chapter.

lxxiiij.

Milfoyle is hot and dry in .iiij. degrees, it is good to staunch the bloody flux, & the iuce thereof healeth the biting of a red hound, and if it be sod in red wine, drinke it, & it killeth wormes in þe wombe, and it wyl destroye ventris, and it softneth hardnes in mans wombe, and it helpeth Jaunes & Dropsie. ¶ Also take the herbe and stamp it, and temper it with wineger, and it wyl do away blode in wounds, and it will cease the toothache, when it is chewed fasting. Also it is good for the sting of an Adder when it is sodden in wyne, drinke it, and laye the substance thereto, and it wyl drawe oute the venim of the soze.

¶ Of the sundry vertues of Rosemary.

Chapter.

lxxv.

f. iij.

Rosemary

Rosemary, is hot & drye: take þ
flowers therof, & put them in
... a cleane cloth, & boyle them in
sayze cleane water, vntyll halfe be
wasted: and coole it, & drynke that
water, for it is much worth agayst
all maner of euylles in the body.

Also, take the flowers, & make
powder therof, and bynde it to thy
right arme in a linnen cloth, and
it shall make thee light and merye.

Also, eat the flowers with hony
fastyng w slowe bread, or els with
other bread, and there shall yse in
thee none euill smellyng.

Also, take the flowers, and put
thē in thy Chest, among thy clothes
or among thy Bokes, and Mothes
shall not destroy them.

Also, boyle the flowers in Gotes
mylke, and then let them stande all
nyght vnder the ayze covered, & af-
ter y geue him to drinke therof that
hath the tilsike, & he shall be holpen.

Also

¶ Also, if there be any man that is
ravage: take the flowers and the
leaves, a great quantity, and boyle
them together in a good quantity
of cleane water, in that. Paciens
bulneat: and it shall heale hym.

¶ Also, boyle þ leues in white wine
and wash thy face therewith, & thy
Bearde, and thy browes, and there
shall no cornes spring out, but thou
shalt haue a fayre face.

¶ Also put the leues vnder thy bed.
and thou shalt be deliuered of all
euill dreames.

¶ Also, breake þ leues to powdye, &
lay the on the caker, & it shall slep it.

¶ Also, take the leaves, & put them
into a wyne vessel, & it shall keep the
wyne from all scumme and euill
sauours, and if thou wylt sell thy
wyne, thou shalt haue good speede.

¶ Also, if thou be feeble wth vnkinde
sweat, boyle the leaves in cleane
water, and wash thy bed therewith,

The Treasury of closet

And þu shalt be deliuered of þe euyll.

¶ Also yf thou haue lost appetit of eatynge, boyle well these leaues in cleane water, & when the water is colde, put therunto as much of white wine, & then make therin Soppes, eate thou therof wel and thou shalt restore thy appetyte agayne.

¶ Also if thou haue the flux, boyle the leaues in strong eyzell, and laye them on a linnen clothe, and bynd it to thy wombe, and a none thi flux shall be with drawne.

¶ Also if thy Legs be blowne with the Bowte, boyle the leaues in water, and then take the leaues & bind them in a linnen cloth, and winde it about thy Legs, and it shall doo thee much good.

¶ Also take the leaues and boyle them in strong eyzell, and binde them to thy stomacke in a Clothe, and it shall deliuer thee of a leuys.

¶ Also yf thou haue the coughe by
syring

Drinking or by any other way, drinke
the water of the leaues boyled in
white wine, and ye shalbe whole.

¶ Make pouder of the rynd of Rose
mary, and drinke it, and if thou bee
in the poxe, thou shalt be deliuered.

¶ Also take the Timber therof and
burne it to coles, and make powder
therof, and then put it in a linnen
cloth, and rub thy teeth therewith,
and if there be any wormes therein,
it shall sleigh them, & keepe thy teeth
from all euyls.

¶ Also of the wood make a boyll to
smell therco, and it shall keepe thee
pougly.

¶ Also make therof a baryl, & drinke
thou of the drinke & standeth therein
and thou needest not dread of anye
euyl being therein, and if thou set
it in the field or in thy Garden keepe
it honestly, and it shall bring forth
much encreasing of him selfe.

¶ Also if a man haue lost his smell,
A. b. ling

The Treasury of Coler.

ping of the ayre, & he may not draw
his breath, make a fyre of the mode
and bake his bread therewith and
eate it, and it shall keepe him well.

¶ Also a man that hath the Gowt,
take oyle of Roses, and the yolke of
an egge, & the flowres of Rosemarie,
and medle them together, and do it
to his soze, & he shalbe holpen.

¶ A bryefe Treatise of Urines aswell of
mennes vyines, as of Womens, to iudge
by the colozs, which betoken helth, which
betoken sicknesse, & which also betoken
death.

chapter. lxxvi.



It is thewed that in iiii.
parts of the body dwel-
leth syknes, and helth.
That is: in the wombe,
in þe head, in þe lyuer, & in
the blather: in what maner þe mayst
know their properties, and thereof
thou mayst learne.

¶ If a mans uryne bee white at mo-
row, & red before meate, & white af-
ter meate, he is whole, & if it be fatte
and

and thick it is not good, & if þe urine
be meanly thick, it is good to lyke,
and if it be thick as Ale pisse, it be-
tokneth head ache.

¶ Urine þe is, ii. dayes red, & at þe .x.
day white, it betokneth very helth.

¶ Urine þe is fat, white, & moyst, be-
tokneth the feuer quartayne.

¶ Urine þe is bloody, betokneth þe
bladder is hurt by som rottig that
is win. ¶ A lytle urine all flewe,
betokneth of þe raines, who pisseth
blode, wout sickenes, he hath some
bayne broken in the raines.

¶ Urine þe is ponderous, betokneth
that the bladder is hurt.

¶ Urine that is somewhat bloody of
sicknes betokneth great euill win
the body, and namely in þe bladder.
Urine that falleth by drops aboue
as it were great bolnes, betokneth
great sicknes and long.

¶ A womans urine þe is cleare & shi-
ning in the byrnall as silver, it be-

cast ofte, and if she haue no fallene
to meat, it betokeneth she is w child
¶ Womans wyne that is stronge
and whit with stinking, betokeneth
sicknes in the raines, and in her se-
crete receites, in her Chambers full
of euill humours and of sicknes of
her selfe.

¶ Womans wyne that is bloudye
and cleare as water vnder, betoke-
neth head ache.

¶ Womans wyne that is lyke to
Golde, cleare and mighty, betoke-
neth y she hath lust to man.

¶ Womans wyne that hath collour
of stable clensyng, betokeneth her to
haue the feuer quartayne, and she
to dye the thyrde day.

¶ Womans wyne y appereth as col-
lour of Lead, if she be with chylde,
betokeneth y it is dead within her.

¶ Here foloweth all the wynes y betoken
death, as wel the wyne of the man,
as of woman.

In a whot Arcis one part red and
other black, another greene, and
another blew, betokneth death.

Wayne in whot Arcys blacke and
lyttle in quantytie; fatty, & stinking
betokneth death.

Wayne ouer al colloured as Lead
betokneth a prolonging of death.

Wayne darke aboue and clear be-
neath, betokneth death.

Wayne that shineth raw and right
bryghte, if the skyn in the bottome
shyne not, it betokneth death.

Wayne thin in substance, haue-
ing fleting aboue as it were a dark
skye, signifyeth of death.

Wayne dersty, sinkynge, and dark
with a black skai within, betokneth
a prolonging death.

Wayne that is of the collour of wa-
ter, if it haue a dark skai in an Arcis
it betokneth death.

Wayne þ hach dreyes in þ bottome
medled w blade: it betokneth death.

Wayne

The Treasurie, or closet

Curine black and thicke: if the sick
be when he goeth to the Physicke,
and when he speaketh ouertharte,
or that he vnderstandeth not aright,
and these Sickenneses go not from
hym, they betoken death.

C How to make a soueraigne Water, that
Dr. Doctor Struyus Physicion, a man of
great knowledge and cunnynge, did pra-
ctise: and bled of long experience. And
therewith did very many Cures, and kept
it alwayes secret, till of late a little be-
fore his death, a speciall friend of his, dyd
get it in writing of him. Cap. lxxvj.

The Receipt.



Take a Gallon of good
Wascoyne wyne: then
take Cynger, Gallyn-
gale, Camamyll, Cyna-
mon, Nutmegs, Brains
Clothes, Mace, Annys seedes, Fenel
seedes, Carawayes seedes: of euery
of them a dram. Then take Sage,
Wyntes, Redroles, Time Pellitory
marre;

of the wall, wyldc Margerit, Rose-
marie, Peny mostayne: other wise
called wilde Time, Camamyll, La-
uender and Threns, of euery of them
one handfull: Then beate þ Spices
small, and bruse the Herbs, & put al
into the wine: and let it stand. xii.
howres: syzrinqe it diuers times:
Then stil it in a Limbeck, and keep
the syzst pint of the water, for it is
the best: then wil come a second wa-
ter, which is not so good as þ syzst.

The sundry vertues and operations of the
same, many times approued.

The vertues of this water bee
these: it comforteth the spites,
and preserveth gretly þ youth
of man, and helpeth the inward de-
ceases, coming of colde, agaynst
Wahyng of Paleye: It cureth the
contraction of Synowes, and hel-
peth the conception of women
that be barren, it killeth þ wormes
in the

in the Belly: it helpeth the colde
Bowt, it helpeth the Tooth ache, it
comforteth the stomack very much:
it cureth the colde Dropsie, it hel-
peth the stone in the bladder and in
the baynes in y^e back: it cureth the
Canker: it helpeth Mostly a stinking
Breath, and who so vseth this wa-
ter euet amonge, and not to oft, It
preserueth him in good lyking: and
shall make on some yong very long.
You must take one spoonful of this
water fastig but once in. dii. daies:
for it is very hot in operation. It
preserved Doctor Steeuens that
he liued. lxxx. and. xliii. yeares.
Wherof. x. he liued bedyed.

FINIS.

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